

*Partners in Health LLC*  
3624 Sheridan Rd.  
Kenosha, WI 53140  
262-652-5500  
www.partnersinhealth.massagetherapy.com

Greetings,

Thank you for choosing Partners In Health for your treatment. In advance of your initial appointment, please fill out the enclosed packet of information, including a health history and consent forms to sign.

The health history is quite detailed; alternate pages are upside down to fit in your chart. Please answer the questions as completely as possible to save time during your appointment. List all the medications you are taking, whether they are prescriptions or supplements. Allow 90 minutes for your first visit; subsequent treatments will last between 45-60 minutes. Following are a few guidelines for your treatments:

- Wear or bring loose, comfortable clothes (pants that slide easily above your knees and a V-neck tee shirt, tank top, or button-down shirt (women: no pantyhose))
- Eat a light meal before your appointment
- Refrain from *brushing your tongue* two days before your appointment
- Refrain from chewing gum/lozenges/breath mints an hour prior to your appointment
- As some of our patients have chemical sensitivities, please refrain from wearing heavy perfume or cologne.

To ensure that you are able to benefit fully from acupuncture, I may ask you to return several times within the first few weeks. *Partners In Health* offers a unique cost structure that allows you to choose how much you are able to pay (between \$15-\$40) for each visit, plus \$10 for your initial appointment. No explanations are required and you can change the amount at any time. Please bring your calendar so you can schedule your next appointment before you leave the clinic. I accept checks and cash for payment. As a courtesy to other patients, please silence your electronic devices when you enter the clinic.

I look forward to working with you and being your partner in health.

Sincerely,

Linda Stengel, C.Ac., MSOM

Enclosures